

# START! WALKING AT WORK DAY

April

Heart disease is everyone's Number 1 Killer. And physical inactivity doubles the risk of heart disease. Start walking at work and start reducing your risk.

[startwalkingnow.org](http://startwalkingnow.org)

## What is Start! Walking at Work Day?

Start! Walking at Work Day is a nationwide call-to-action for Americans to start living a healthy lifestyle. Everyone can support the fight against heart disease by participating in **Start! Walking At Work Day**. This year, we are striving to get people in cities and towns across the country to take 1 million-plus steps and help us raise \$1 million dollars online.



## Getting Rid of the Excuses

Start! is shaped for the realities of life. We all wish there were extra hours in the day, but we've got responsibilities, people counting on us and millions of excuses that keep us from taking care of our health. Start! will help you stop talking and start walking. Walking is the one exercise that people stick with. It has the lowest dropout rate of any physical activity. It's never too late to Start! Even if you don't begin walking until middle age, you'll increase your life expectancy. The benefit is hard to measure accurately, a Harvard Alumni Study found that individuals lived two hours longer for every hour of regular exercise they did.

## How Should I Get Started?

- Lace up your sneakers and Start! Walking as your first move toward adopting a healthy work style.
- Determine how active you are now — start slowly— and work on up!
- Set goals — 30 minutes or more a day of moderate to vigorous physical activity.
- Divide the 30 minutes into chunks of 15 or 10 minutes.
- Ask your spouse, a friend or co-worker to become your walking partner — it's more fun and you can encourage each other!

*You could gain about two hours of life expectancy for each hour of regular, vigorous exercise.*

## Know How Many Calories You Should Eat

To avoid gaining weight over time, you should aim to burn up as many calories through basic human function and physical activity as you take in. To know whether you're on track, you need to be able to estimate how many calories you need based on your age, gender and level of physical activity.

### Activity Level and Estimated Calories Burned

Gender	Age	Sedentary	Moderately Active	Active
Female	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800